



April 2014
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Building Healthy Families

Strengthening Families through Education and Support

PINWHEELS FOR PREVENTION

April is Child Abuse Prevention Month but what is with the pinwheels and what does it all mean??? According to the Oregon Child Welfare Data Book, there were 74,342 reports of abuse and neglect in Oregon in 2011. Of these reports, 7,492 were founded abuse or neglect involving 11,599 victims and 48.3 percent of victims were younger than six years old.

For two decades, market research consistently has shown that the public views child abuse and neglect as a serious problem. This means that as nation, we are aware of the issue of child abuse, so now the task at hand is to put that awareness into action in our local communities. Pinwheels for Prevention began as a grassroots campaign among "Prevent Child Abuse America" chapters in Georgia, Florida and Ohio. Their success and the desire to create a national symbol for child abuse and neglect prevention led this organization to take this effort nationwide in 2008.

The pinwheel, which reminds us of childlike notions and stands for the chance at the healthy, happy and full lives all children deserve, has become the national symbol for Child Abuse Prevention and is an awareness campaign that Building Healthy Families Supports as a member of the Wallowa County Multidisciplinary Team (MDT). Keep your eyes open for a pinwheel garden in your community.

For more information about Pinwheels for Prevention and how you can get involved, give us a call at 541-426-9411.



Upcoming Events for Families

- *Parent/ Child Play Groups 0-5 years Tuesdays: 10:00 Baker Library Fridays: 9:00/10:30 BHF Enterprise
- *Nurturing Parents Wednesdays 4/2-5/22 BHF North Baker School
- *Parenting Now: BHF May Specific Dates/Time TBA
- *ABC Music and Me Baker and Wallowa County Specific Days/times TBA

For questions or registration information contact

BHF

541-426-9411

BHF Wish List

- Cleaning Supplies
- Art Supplies
- Diapers/Wipes
- New children's books
- Books for Teens
- Craft Supplies
- Basic Office Supplies: Pencils, erasers, pens, printer paper
- Kitchen Supplies: Pots with lids, Baby utensils, baking dishes, sets of matching plates

Cover Oregon Extension

Governor Kitzhaber has announced an extension for families to enroll in Cover Oregon until April 30th, 2014. If you, or your family, do not have access to healthcare, and are interested in enrolling for Cover Oregon, please contact BHF. We can direct you to an enrollment specialist who can walk you through the enrollment process! Take advantage of this extension today!

CELEBRATE NATIONAL NUTRITION MONTH

While we all recognize that the proper nutrition for children and families is important year round, March and April have been named National Nutrition months by the USDA. In celebration of healthy eating and an active lifestyle, USDA has filled their website with a variety of resources to encourage families to eat together and eat well. Here are just a few of the valuable tools you will find:

- ◆ 30 delicious, kid approved recipes
- ◆ Advice from registered dieticians
- ◆ Fun games and activities for kids
- ◆ List of “good reads” targeting a variety of nutrition and health related topics!

Head to the website for these great activities and more!

<http://healthymeals.nal.usda.gov/features-month/march/national-nutrition-month>

Building Healthy Families

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Building Healthy Families is an independent, nonprofit family support organization, offering personalized and universal support and education for parents, caregivers, parents-to-be and students through a variety of diversified programming.



DINNER ON A DIME

Chicken and Dumplings

Ingredients

- 4 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 onion, finely diced
- 2 (10 ounce) packages refrigerated biscuit dough, torn into pieces

Directions

Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover. Cover, and cook for 5 to 6 hours on high. About 30 minutes before serving, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center.